

Virginia Marie Granados Adult and Senior Center Gazette

500 Freiling, San Antonio, TX 78213 (210) 207-3285

Visit us online @ www.sanantonio.gov/sapar/seniors.asp

**March /
April 2010**



Granados Receives an Award!

Granados was recently recognized for its community service by Lo Bello de San Antonio Women's Club. Lo Bello is a non-profit organization that presents monetary awards to community service organizations involved in education, health, social service, and historic preservation. One of Lo Bello's founding members, Emma Rodriguez, attends painting class at Granados. She nominated us to receive an award of \$2000 and we are very grateful to her!

The donation was received at an awards dinner. In attendance: George Rodriguez, Mary Runner, Consuelo Tellez, Kevin Sykes, Emma Rodriguez, Nancy Durham, Stephanie Sanchez, and Steven Wood. Thank You Lo Bello!

If you would like to send a thank you letter to Lo Bello for their generous donation, please bring the letter or card to the Granados staff and we will mail it for you! As this money will be shared by all our programs, let's all say thank you!

St. Patrick's Day

Wear some green and watch real Irish dancing by the St. Gregory's School Dancers on Thursday, March 11th at 4 p.m. The whole family welcome. Green punch and cookies served.

Calling All Scrabble Players!

Granados will host the Senior Games Scrabble Tournament on Thursday, April 15th at 1 p.m. Those Scrabble players interested in competing, please see the Granados staff for your entry form. Practice with our Scrabble group on Thursdays at 11 a.m.

Easter Potluck

On Wed., March 31st, at 5 p.m., celebrate Easter with a potluck. Sign up at front desk. Ham provided by Center. Decorate a hat for Easter and wear it to the potluck. Everyone will be given one egg to award the person with the best hat and the one with the most eggs wins!

Easter Dessert Swap!

Bring your favorite Easter dessert, recipes, and traditions to swap. Dessert should be packed in a disposable container. Friday, April 2nd, at 1:30 in the Library. Center to provide punch.

The City of San Antonio welcomes adults 18 years of age and older to participate in a variety of social, educational, and recreational activities at Granados. Granados Adult and Senior Center is a unit of the Parks and Recreation Department. Annual participation fee of \$5 is required.

Building Hours:

Monday & Wednesday

8 a.m.-7 p.m.

Tuesday & Thursday

8 a.m.-8 p.m.

Friday

8 a.m.-6 p.m.

Staff

Kevin Sykes

Nancy Durham

Mary Runner

Stephanie Sanchez

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Upcoming Events

AARP Safety Driving Course

Sign-up at the front desk to reserve your spot for this class. Space is limited. Class is Thursday, March 18th from noon to 4 p.m. Cost is \$12 with your AARP card or \$14 for non-AARP members. Pay the instructor the day of class.

Fiesta At Granados

It's party time in San Antonio! Join us for a members only Tex-Mex potluck on Tuesday, April 20th from 5-7 p.m. Wear Fiesta attire and sing along to traditional Mexican songs with the Granados Guitar Group.

Enter the Fiesta shoebox float contest! Decorate a shoebox and show your Fiesta spirit! Ribbons to first, second and third place. Judging by popular vote.

Brown Bag Book Club

Last Wednesday of the Month at Noon!

March 31st: *Alice's Adventures in Wonderland* by Lewis Carroll. Read the book and then join us for a trip to see the new movie. Pick up your books for the Big Read Event!

April 28th: Big Read Discussion: *Bless Me Ultima* by Rudolfo Anaya. Join Westfall's Monica Garza for this year's Big Read discussion.

Mini Health Fair

On Tuesday, March 9th, you can get your hearing, grip strength and blood pressure checked. From 10 a.m. to Noon, join Nix Rehabilitation for strength testing and Scott's Alamo Hearing for hearing checks. From 11 a.m. to 12:30 a.m., the Wesley nurse Cindy Jasso will be here for blood pressure and blood sugar checks.

Ask the Geriatrician Webcast

Granados will host MMLearn's Ask the Geriatrician Webcast on Wednesday, March 3rd, at 10:30 a.m. The topic will be "Caregiver Stress." Be sure to submit your questions to the Granados staff by March 2nd.

Journey to the Holy Land, a visit to Israel and Southern Charm

Join Mike Sprute from Collette Vacations on May 3rd at 10 a.m. as he presents slides of the sights of Israel and the Holidays in Savannah, Georgia. You can sign up for any of these trips at any time with a small deposit and then make payments toward your trip of a lifetime.

**We can book any of the trips Collette offers!
See the staff for available vacations.**

Relaxation and Meditation

Learn simple mechanisms to relax, focus and meditate. Improve your ability to focus and deal with stress and low-level pain with Dr. Hoy. Tuesday, March 2nd, at 10:30 a.m.

Coffee and Chat

Social Hour in the library on:

Friday, March 12th at 9:30 a.m.

Tuesday March 23rd at 10 a.m.

Friday, April 9th at 9:30 a.m.

Tuesday, April 20th at 10 a.m.

SNAP Van

The Spay and Neuter Assistance Program van returns to Granados on Friday, April 16th. Those needing to get their pets spayed or neutered should come early. Pick up an info sheet with instructions at the Granados front desk or call 673-7722.

Senior Fiesta

Visit us at the only official Fiesta event for those 55 years and older! Stop by Wonderland of the Americas Mall (formerly Crossroads) on Wednesday, April 21st, from 9 a.m. to 3 p.m.

National Poetry Day

All poets and writers welcome to read and recite at our poetry celebration on Thursday, April 1st, at 6:30 p.m. Snacks and punch provided.

Family Day

Bring your grandkids on their last day of spring break, Friday, March 19th, at 1 pm., and enjoy an afternoon of fun, games, and a movie. Refreshments will be served. Register at the front desk.

Upcoming Trips & Tours

Sign up for trips at the front desk as space is limited.

Wii Tournament

Friday, March 5th, at 10 a.m.

Granados vs. Gill. Lunch provided after tournament.

Visit to the McNay & Dinner

Thursday Evening, March 18th, at 4 p.m.

Free night at the museum, special exhibits are additional cost.

Dinner at your own expense.

"As Young as You Feel" Day at Incredible Pizza

Monday, March 22nd, at Noon

Celebrate with a pizza and salad buffet and games like mini golf, go-carts and video games.

Garage Sale Shopping

Friday, March 26th, at 8:30 a.m.

Limit 8 people for this outing.

Senior Games Walk

Thursday, April 8th, at 8:30 a.m.

Join us for this 2 mile walk and fun activities at McAllister Park.

Holocaust Museum and

Lunch at Green Vegetarian Restaurant


Monday, April 12th, at 9:30a.m.

Gourmets on the Go: Missions Tour and Bolner's

Tuesday, April 27th, at 9 a.m.

Tour some of the Missions and then to Bolner's for lunch.

Granados		500 Freiling, San Antonio, TX 78213	March 2010	(210) 207-3285		
Monday 8am-7pm	Tuesday 8am-8pm	Wednesday 8am-7pm	Thursday 8am-8pm	Friday 8am-6pm		
1 8:15am Walking Program 9am Stretch & Flexibility 10am Women's Wii 1pm "No Frills" Bunco 3pm Bingo 5:45pm Gentle Yoga 4 of 6* 6pm Line Dancing	2 9am Zumba Fitness 1 of 11* 10:30 Relaxation/Meditation Class <u>Line Dancing:</u> 11am Beg; 12pm Adv; 1pm Int 1pm Painting 1pm Bridge 6:30pm Total Body Toning 6:30pm Stitching Time	3 8:15am Walking Program 9am Stretch & Flexibility 9:30 Weight Loss Group Meeting 9:45am Chair Yoga 5 of 6* 10:30am "Ask the Geriatrician" 1pm Wii, Ping Pong, Dominoes 1:30pm Arts & Crafts 5pm Tai Chi 2 of 6*	4 9am Zumba Fitness 2 of 11* 11am Scrabble 5:30pm Painting Class 6:30pm Total Body Toning 6:30pm Poetry Reading	5 8:15am Walking Program 9am Stretch & Flexibility 10am Zumba Fitness 3 of 11* 10am Wii Tourney at Gill 2pm Wii Games 2pm Open Studio		
8 8:15am Walking Program 9am Stretch & Flexibility 10am Women's Wii 1pm "No Frills" Bunco 3pm Bingo 5:45pm Gentle Yoga 5 of 6* 6pm Line Dancing	9 9am Zumba Fitness 4 of 11* 10am Beginning Zumba—Free 10am-Noon Mini Health Fair 11-12:30 B Sugar/BPress Check <u>Line Dancing:</u> 11am Beg; 12pm Adv; 1pm Int 1pm Painting / 1pm Bridge 6:30pm Total Body Toning 6:30pm Stitching Time	10 8:15am Walking Program 9am Stretch & Flexibility 9:30 Weight Loss Group Meeting 9:45am Chair Yoga 6 of 6* 1pm Wii, Ping Pong, Dominoes 1:30pm Arts & Crafts 5pm Tai Chi 3 of 6*	11 9am Zumba Fitness 5 of 11* 10am Beginning Zumba –Free 11am Scrabble Noon Meet the Computer* 2pm Digital Photo Fundamentals* 4pm St. Patrick's Party 5:30pm Painting Class 6:30pm DANA Meeting Total Body Toning Cancelled	12 8:15am Walking Program 9am Stretch & Flexibility 9:30am Coffee & Chat 10am Zumba Fitness 6 of 11* 1-4pm Dance-a-Thon 2pm Wii CANCELLED 2pm Open Studio		
15 8:15am Walking Program 9am Stretch & Flexibility 10am Women's Wii 1pm "No Frills" Bunco 3pm Bingo 5:45pm Gentle Yoga 6 of 6* 6pm Line Dancing	16 9am Zumba Fitness 7 of 11* <u>Line Dancing:</u> 11am Beg; 12pm Adv; 1pm Int 1pm Painting 1pm Bridge 4:30pm Guitar Lessons 1 of 8* 6:30pm Total Body Toning 6:30pm Stitching Time	17 8:15am Walking Program 9am Stretch & Flexibility 9:30 Weight Loss Group Meeting 1pm Wii, Ping Pong, Dominoes 1:30pm Arts & Crafts 5pm Tai Chi 4 of 6*	18 Zumba Fitness Cancelled 11am Scrabble 12-4 AARP Safety Driving Class Noon E-Mail* 2pm Web Basics* 4-8pm McNay Outing* 5pm Guitar Jam Painting Class Cancelled 6:30pm Total Body Toning	19 8:15am Walking Program 9am Stretch & Flexibility 11am Zumba Gold Salsa by WellMed Zumba Fitness Cancelled 1pm Family Day* 2pm Wii Games 2pm Open Studio		
22/29 8:15am Walking Program 9am Stretch & Flexibility 10am Women's Wii Noon Pizza Outing 3/22* 1pm "No Frills" Bunco 3pm Bingo 5:45 Gentle Yoga 1 & 2 of 6* 6pm Line Dancing	23/30 9am Zumba Fitness 8 & 11 of 11* 10am Coffee & Chat 3/23 <u>Line Dancing:</u> 11am Beg; 12pm Adv; 1pm Int 1pm Painting / 1pm Bridge 4:30pm Guitar Lessons 2, 3 of 8* 6:30pm Total Body Toning 6:30pm Stitching Time	24/31 8:15am Walking Program 9:30 Weight Loss Group Meeting 9am Stretch & Flexibility 9:45am Chair Yoga 1 & 2 of 6* Noon Book Club 3/31 1:30pm Arts & Crafts 1pm Wii, Ping Pong, Dominoes 5pm Tai Chi 5 & 6 of 6* 5-7pm Easter Potluck 3/31 5:30pm Loteria 3/24	25 9am Zumba Fitness 9 of 11* 11am Scrabble Noon Windows Desktop* 2pm Word* 5:30pm Painting Class 6:30pm Total Body Toning	26 8:15am Walking Program 8:30am Garage Sale Outing 9am Stretch & Flexibility 10am Zumba Fitness 10 of 11* 2pm Wii Games 2pm Open Studio <i>*pre-registration or fee required</i>		

Granados 500 Freiling, San Antonio, TX 78213 April 2010 (210) 207-3285				
Monday 8 a.m.-7 p.m.	Tuesday 8 a.m.-8 p.m.	Wednesday 8 a.m.-7 p.m.	Thursday 8 a.m.-8 p.m.	Friday 8 a.m.-6 p.m.
pre-registration or fee required	Fiesta San Antonio		<p>1 9am Zumba Fitness 1 of 11 11am Scrabble Noon Digital Photo Fund.* 2pm Meet the Computer* 5:30pm Painting Class 6:30 Total Body Toning 6:30 Poetry Day Celebration</p>	<p>2 8:15am Walking Program 9am Stretch & Flexibility Zumba Fitness Cancelled 1:30 Easter Dessert Swap 2pm Open Studio 2pm Wii Games</p>
<p>5 8:15am Walking Program 9am Stretch & Flexibility 10am Women's Wii 1pm "No Frills" Bunco 3pm Bingo 5:45pm Gentle Yoga 3 of 6* 6pm Line Dancing</p>	<p>6 9am Zumba Fitness 2 of 11* <u>Line Dancing:</u> 11am Beg: 12pm Adv: 1pm Int 1pm Painting 1pm Bridge 4:30pm Guitar 4 of 8* 6:30 Total Body Toning 6:30 Stitching Time</p>	<p>7 8:15am Walking Program 9am Stretch & Flexibility 9:30 Weight Loss Group Mtg 9:45am Chair Yoga 3 of 6* 1pm Wii, Ping Pong, Dominoes 1:30pm Arts & Crafts 5pm Tai Chi 1 of 6*</p>	<p>8 8:30 Senior Games Fun Walk* 9am Zumba Fitness 3 of 11* 11am Scrabble Noon Power Point* 2pm Word* 5:30pm Drawing Class 1 of 4* 6:30 Total Body Toning</p>	<p>9 8:15am Walking Program 9am Stretch & Flexibility 9:30 Coffee & Chat 10am Zumba Fitness 4 of 11* 2pm Open Studio 2pm Wii Games</p>
<p>12 8:15am Walking Program 9am Stretch & Flexibility 9:30-1 Holocaust Museum & Lunch 10am Women's Wii 1pm "No Frills" Bunco 3pm Bingo 5:45pm Gentle Yoga 4 of 6* 6pm Line Dancing</p>	<p>13 9am Zumba Fitness 5 of 11* <u>Line Dancing:</u> 11am Beg: 12pm Adv: 1pm Int 11-12:30 B Sugar/BPress Check 1pm Painting / 1pm Bridge 4:30pm Guitar 5 of 8* 6:30 Total Body Toning 6:30 Stitching Time</p>	<p>14 8:15am Walking Program 9am Stretch & Flexibility 9:30am Weight Loss Group Mtg 9:45am Chair Yoga 4 of 6* 1pm Dominoes, Wii, Ping Pong 1:30 Arts & Crafts 5pm Tai Chi 2 of 6*</p>	<p>15 9am Zumba Fitness 6 of 11* Scrabble Cancelled 1pm Sr Games Scrabble Tourney* Noon E-Mail* 2pm Web Basics* 5pm Guitar Jam 5:30pm Drawing Class 2 of 4* 6:30 Total Body Toning</p>	<p>16 SNAP Van 8:15am Walking Program 9am Stretch & Flexibility 10am Zumba Fitness 7 of 11* 2pm Open Studio 2pm Wii Games</p>
<p>19/26 8:15am Walking Program 9am Stretch & Flexibility 10am Women's Wii 1pm "No Frills" Bunco 3pm Bingo 5:45pm Gentle Yoga 5 & 6 of 6* 6pm Line Dancing</p>	<p>20/27 9am Zumba Fitness 8 & 10 / 11* 9am Missions Tour & Lunch 4/27 10am Coffee & Chat 4/20 <u>Line Dancing:</u> 11am Beg: 12pm Adv: 1pm Int 1pm Painting / 1pm Bridge 4:30pm Guitar 6 & 7 of 8* 5-7pm Fiesta Potluck 4/20 Total Body Toning Cancelled 6:30 Stitching Time</p>	<p>21/28 8:15am Walking Program 9am Stretch & Flexibility 9-3 Sr. Fiesta @ Wonderland 4/21 9:30 Weight Loss Group Mtg 9:45am Chair Yoga 5 & 6 of 6* Noon The Big Read Book Club 1pm Wii, Ping Pong, Dominoes 1:30pm Arts & Crafts 5pm Tai Chi 3 & 4 of 6* 5:30pm Loteria 4/28</p>	<p>22/29 9am Zumba Fitness 9 & 11 / 11* 11am Zumba Gold Salsa by WellMed 4/22 11am Scrabble Noon Meet the Comp-22/Digital 29* 2pm PowerPt-22/Meet the Comp29* 2:30 Chandler House Players 4/22 5:30 Drawing Class 3 & 4 of 4* 6:30 Total Body Toning</p>	<p>23/30 Center Closed for Fiesta San Jacinto 4/23 8:15am Walking Program 9am Stretch & Flexibility 2pm Open Studio 2pm Wii Games</p>

Health and Wellness Programs

Get Fit at Granados!

Check out our exercise programs. Mix and match during the week for a total body workout and don't forget about the fitness room. Let staff show you how to use the equipment to get the most out of your workout.

As with any exercise program, please check with your physician before beginning.

Stretch & Flexibility

Increase your flexibility, energy level, and tone your muscles. Low intensity. Date: Monday, Wednesday & Friday Time: 9-9:30 a.m. Free

Evening Line Dancing

This free class is a beginning to intermediate level class.

Date: Mondays

Time: 6-7 p.m.

Instructor: Mary Stahl

Beginning Line Dancing

Learn fundamentals of line dancing in this free, easy-paced class. Designed for the person who has little or no line dancing experience. Partners not required.

Date: Tuesdays

Time: 11 a.m.-12 noon

Instructor: Mary Stahl

Intermediate Line Dancing

Designed for those who have line dancing experience but are not quite ready for the advanced group. Free

Date: Tuesdays

Time: 1-2 p.m.

Instructor: Mary Stahl

Advanced Line Dancing

Designed for those who have line dancing experience. Free

Date: Tuesdays

Time: 12-1 p.m.

Instructor: Mary Stahl

Walking Program

Date: Monday, Wednesday, Friday

Time: 8:15-8:45 a.m.

Advanced Zumba Fitness

Fitness workout based on Latin dance moves.

Session I: March 2-30

Session II: April 1-29

Cost: \$49/session (11 classes)

Tuesdays and Thursdays 9-10 a.m.

Fridays 10-11 a.m.

Instructor: Silvia Gomez

Minimum of 5 participants

New Free Class

Beginning Zumba Fitness

Designed for the beginner. Come try this class and add your name to the interest list for this new class.

Date: Tuesday & Thurs, March 9 & 11

Time: 10 a.m.—11 a.m.

Instructor: Silvia Gomez

Cost: Free

Zumba Gold Salsa

Come join us and learn how to Salsa Dance! Hosted by WellMed.

Friday, March 19 & Thurs., April 22

Time: 11 a.m.—Noon

Cost: Free

Total Body Toning

Moderate to high intensity class, focusing on strengthening and toning the body's major muscle groups. Bring light hand-weights and a mat for floor exercises.

Date: Tuesdays and Thursdays

Time: 6:30-7:30 p.m.

Instructor: BJ Villela

Cost: Free

Gentle Yoga

Improve posture, flexibility, energy, and endurance in this class.

March 22nd—April 26th

\$45/session (6 classes)

Date: Mondays

Time: 5:45-6:45 p.m.

Instructor: Shaunnesy Rodriguez

Minimum of 5 participants

Fitness Room

For those who are concentrating on a healthier lifestyle, a fitness room is available for your use any time the building is open. Staff will gladly give you an orientation to the equipment prior to your first use. Please sign the clipboard each time you use the room. Equipment available includes:

- Treadmill
- Incline Elliptical
- Semi-recumbent fitness bike
- Seated Stepper
- Multi-Station Gym
- Dumbbells

Chair Yoga

The same great benefits as Gentle Yoga without having to get down on the floor.

March 24th-April 28th

Cost: \$45/session (6 classes)

Date: Wednesdays

Time: 9:45-10:45 a.m.

Instructor: Shaunnesy Rodriguez

Minimum of 5 participants

Tai Chi Chuan

Begin with basic exercises to learn proper alignment and advance through various stances. Relax and enjoy a mind calming standing meditation.

April 7th-May 12th

Cost: \$40/session (6 classes)

Date: Wednesdays

Time: 5-6 p.m.

Instructor: Rodolfo Flores

Minimum of 4 participants

Blood Pressure and Blood Sugar Screening

The Wesley Nurse, Cindy Jasso, will be in the Granados Library on Tuesday, March 9th and April 13th from 11:15 a.m.-1 p.m. to check blood pressure and blood sugar. Pre-registration and fasting are not required.



Arts and Crafts

Arts & Crafts

Date: Wednesdays
Time: 1:30-3:30 p.m.

Painting Class

Tues: 1-3 p.m.
Thurs: 5:30-7:30 p.m.

Open Studio

Date: Fridays
Time: 2- 4:30 p.m.

Poetry Open Mic

Bring a poem to recite or listen to others.
1st Thursday at 6:30 p.m.

Stitching Time

Date: Tuesdays
Time: 6:30-7:45 p.m.

Group Guitar Lessons

Date: Tuesdays, March 16th —May 4th

New Time

Time: 4:30-5:30pm
\$60 for 8 Week Session
**Pre-registration required.*

Guitar Jam

Bring your own guitar and join the fun. All levels of abilities welcome. Third Thursday at 5 p.m.

Cards & Games

“No Frills” Bunco

Date: Mondays
Time: 1-2:30 p.m.

Bingo

Date: Mondays
Time: 3 p.m.



Bridge

Beginners welcome.
Date: Tuesdays
Time: 1– 4 p.m.

Scrabble

Date: Thursdays
Time: 11 a.m.-1 p.m.

Wii Games

Date: Wed. at 1 p.m.
Date: Fridays at 2 p.m.

Women’s Wii Games

Date: Mondays
Time: 10 a.m.

Dominoes

Date: Wednesdays
Time: 1-4 p.m.

Ping Pong

Date: Wednesdays
Time: 1 p.m.

The Chandler House Player’s Spring Road Show

On Thursday, April 22nd, at 2:30 p.m. the CH Players will be at Granados to perform two plays: *Frosting*, a drama, and *Almost Murder*, a comedy. The Players are a reader’s theater troupe.

Drawing Class

Learn the fundamentals of drawing in this free 4 week class in April. Supplies provided. Sign up in advance at the front desk. Limit 6 students. Classes run Thursday evenings, April 8th—29th, from 5:30—7:30 p.m.

New Loteria Game!

Join volunteer Rachel Delgado for this exciting Mexican Bingo game. Wednesday evening March 24th, at 5:30 p.m. and Wednesday evening April 28th, at 5:30 p.m.

Anniversary Raffle

A heartfelt thanks to those who collected items and sold tickets for the raffle. We raised \$416 for programs at Granados! Way to go! This money will be used for class supplies and future programming. Thank you for your support.

A Round of Applause for...

WellMed for Zumba Gold Salsa; all the participants who helped during our parties and potlucks; Cindy Jasso for our monthly BP and blood sugar screenings; Thelma Long & Sylvia Guerra for computer classes and lab; Dubois and Associates for Valentine’s Day; our chili judges Richard Baer, Norma Taylor, David Rodriguez, Henry Puente, and Lyn Kinton; and Liquor Express, Los Cocos Bakery, Thelma Long, Lucy Whatley, Anna’s Linens, Shoes for Schools, Santikos, Isabelle Garza, Sally Beauty Salon, Steven Wood, Mary Stahl and Galleria Hair Design, Sylvia Ozuna, and Johnnie Chuoke’s Home and Hardware.

Program Ideas

Have you always wanted to learn a new activity or go on a trip to a certain place? Let the staff know what type of programs you would like to see offered at Granados. All suggestions are welcome.

Disclaimer

Individuals are responsible for making informed decisions regarding the products, programs and services in this newsletter. The City of San Antonio does not endorse outside products or services presented.

Coming in May/June: Walk & Roll Event, Senior Fitness Day, Ice Cream Sundae Day with the kids and more!

Remember: Your membership is also good at Lions Field Adult and Senior Center at 2809 Broadway (210) 826-9041 and The Commander’s House 50+ Senior Center at 645 S. Main at Durango St. (210) 224-1684.

Class Registration: Pre-registration is required for several of the classes. Please check your schedule for conflicts prior to registration as we are unable to pro-rate or refund your money.



This facility is wheelchair accessible. Request for interpreter services or assistive listening headphones must be made 48 hours prior to meeting. For V/TTY assistance call 207-3039.

